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DUTCH DOMINANT, BRAZIL BRILLIANT

HOLLAND AND HOSTS WIN THEIR GROUPS — AND AVOID EACH OTHER IN THE NEXT ROUND — EN ROUTE TO THE KNOCKOUT STAGE, MEXICO ADVANCE WITH WIN OVER CROATIA AND CHILE MOVES ON DESPITE LOSS **PAGE 20**

Soccer fan? Get in the cage

Fans become players at local pub's tourney where patrons represent their teams **PAGE 4**

Don't move the seat, Robot Ray

Düsseldorf airport's new robot valet means the hunt for a parking spot is over **PAGE 10**

**NO BOY
BANDS**

**LIVE
88.5fm**



Flight Sgt. John Joseph Carey's remains were found in a German lake in 2008. COURTESY MAUREEN PEGG

Airman's body identified with DNA testing

Second World War. Six years after discovery, genetic match found

The Defence Department says the remains of a Second World War airman found in a German lake in 2008 have been identified as those of Flight Sgt. John Joseph Carey of Ottawa.

Carey's body was found in Laacher See, a lake south of Bonn, by a team of German explosives disposal divers and was identified by the Department of National Defence (DND) through genetic testing.

A front air gunner of bomber Halifax BB214, Carey and his aircraft took off for Germany on Aug. 28, 1942. They were shot down by a German night fighter. Carey was 22 years old at the time.

Carey's niece, Maureen

Pegg, never met her uncle, but said he was known in the family as "the sporty hockey player." Born in Winnipeg, Carey moved to Ottawa in order to pursue his hockey dreams and was even invited to try out for the New York Rangers, Pegg said, adding Carey was in good shape for the sport and had the height to boot.

"He was six feet while his other brothers were all only about five feet," she laughed.

While the family is unsure why Carey decided to enlist with the RCAF, Pegg speculated it might have been due to a sense of adventure or the fact that enlistment with the war effort was popular at the time.

Carey's death took a toll on the family, said Pegg. Her grandmother, she said, was never able to come to terms with it.

Carey's father also worked

for years to see if they could lift the crashed plane to find Carey's body, a task that was deemed itself too risky at the time, said Laurel Clegg, a casualty identification co-ordinator with DND's Directorate of History and Heritage in Ottawa.

The recovery of Carey's body and his identification is bittersweet, said Pegg.

"It's certainly bittersweet because my dad and uncles aren't alive to see this, but I think my cousins and I think we're representing the family and them," she said.

"It's sad but it brings closure."

Carey's remains are to be buried at Rheinberg War Cemetery in Rheinberg, Germany, on July 9, with family members and representatives of the Canadian Forces in attendance.

AMY YEE/FOR METRO, WITH FILES FROM THE CANADIAN PRESS

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'Low speed' chase

Naked man driving tractor tries to flee police

A 31-year-old West Quebec man attempted to evade police while riding nude on a farm tractor during the early hours of Friday morning.

MRC des Collines-de-l'Outaouais police received a call about the clothes-less criminal from Pontiac who was in "psychological distress." His companions were unable to control him.

When police arrived, they followed the man in a "low speed" farm tractor pursuit in a field.

The man was transported to the hospital in Shawville by ambulance. He will likely face charges for fleeing and breach of probation.

LUCY SCHOLEY/METRO

Festival site

Teen slashed in Mooney's Bay

A 17-year-old boy suffered a minor slash wound on Sunday night after an "altercation" in the Mooney's Bay area, say Ottawa police.

Police responded to a report about a stabbing near the site of the Dragon Boat Festival at around 10:40 p.m.

The victim suffered a minor, non-life-threatening stab wound to his calf and was treated by paramedics on scene. He's not co-operating with police and it's still uncertain whether the altercation was linked to the festival.

LUCY SCHOLEY/METRO

Farmer faces 'absurd' illegal slaughter charges, lawyer says

Anthony Scissons.

He's in court over killing of lambs on farm property by Muslim customers

DENIS ARMSTRONG

ottawa@metronews.ca

An Ottawa farmer who sold lambs to three Muslim men who then slaughtered them on the farm was in provincial court Monday charged with running a meat slaughtering plant without a license under the Food Safety and Quality Act.

Anthony Scissons sold live sheep off his Dunrobin farm to the men Oct. 26, 2012 for Dhabihah — a method of ritual slaughter performed according to Islamic law. The court heard the men purchased and slaughtered the lambs to mark Eid al-Adha, one of the highest holy days on the Muslim calendar.

Following Islamic tradition, the men chose a lamb from a trailer, and slaughtered, skinned and gutted the carcass on Scissons' property.

Defence lawyer Kurtis Andrews called the case "precedent setting" for pitting Muslim religious practices against Canadian law, noting there are already many



Dunrobin farmer Anthony Scissons was in court Monday to defend against charges he operated an illegal slaughterhouse when he sold sheep to three Muslim customers who killed the animals on his property.

DENIS ARMSTRONG/FOR METRO

exceptions to the Act. Farmers are allowed to eat their own livestock, hunters and First Nations hunters can eat their game, he said.

Andrews told the court Scissons is not Muslim, and under Islamic law, is not allowed to take part in the ritual slaughter, yet he was the only person charged.

Ontario agriculture ministry inspector Graham Ridley, who spearheaded the investigation, testified

this was the fifth time in six years he's laid similar charges against local farmers for allowing customers to butcher livestock without a license, adding he didn't charge the buyers because he wanted to go to the source of the alleged offence.

"My investigation is similar to drug cases," Ridley explained. "I was going after the dealer, not the user."

"The case against Scis-

sons is absurd," Andrews said. "He sold them live sheep, they did the slaughter and took the carcasses home. It's a clear-cut case ... The Ministry is ignoring the case against the Muslim individuals for whatever political reason, and have elected to charge the only non-Muslim in this case."

If convicted, Scissons faces fines up to \$25,000 and two years in jail for each of the six charges.



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Probe. Hydro One billing sparks huge number of complaints to watchdog

Ontario's watchdog says Hydro One's billing practices have garnered an unprecedented number of complaints to his office.

Ombudsman Andre Marin says so far he's received 7,900 complaints about the provincial utility — and the number keeps going up.

His annual report says it's the highest number of complaints his office has ever received about a single government organization.

Marin launched an investigation in February after customers complained about delayed or missing invoices, which resulted in high "catch-up" bills.

His report says the Crown corporation took \$8,390 from the bank account of one woman who had authorized automatic payments, saying they'd underestimated her billings for almost two years.

Complaints

7,900

The number of complaints received about Hydro One's billing practices so far this year — and that number is growing

Marin says Hydro One responded immediately after he announced the probe and the organization has taken several short-term measures to alleviate problems.

His report also noted that a probe into unlicensed daycares launched after the death of a two-year-old girl is expected to be released this summer.

The ombudsman's office received a record 26,999 complaints last year, up 37 per cent from the previous year, the report said.

THE CANADIAN PRESS



Ottawa Mayor Jim Watson gets a paddling lesson from athletes at the Rideau Canoe Club on Monday. CanoeKayak Canada named the club as the venue for the 2015 championships, which will take place next summer from Aug. 25-29. CONTRIBUTED

Rideau Canoe Club to host 2015 races

Cornwall

Quebec race car driver dead after fatal crash

A 23-year-old Quebec race car driver is dead following a crash at the Cornwall Motor Speedway Sunday.

Danny Lefebvre of St-Louis De Gonzague slammed into a cement barrier during a race shortly after 8 p.m. Sunday. He was rushed to hospital, where he later died from his injuries. No further details have been released.

Ontario Provincial Police and the Ministry of Labour are investigating.

TREVOR GREENWAY/METRO

Gatineau

Man charged with impaired driving in collision

Gatineau police arrested and charged a 27-year-old man with impaired driving after he struck a concrete barrier on Rue Allumetières and then failed a breath test that found him to have three times the legal limit for alcohol.

The crash happened Sunday around 3:40 a.m. and only involved one vehicle. The man was also given a \$425 ticket and a 90-day licence suspension pending legal proceedings.

METRO

CanoeKayak. Event will generate \$4 million in economic spinoffs to city, say organizers



LUCY SCHOLEY
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Hundreds of athletes from across Canada will be racing down the Rideau River for the Canadian Sprint CanoeKayak Championships next year.

On Monday, CanoeKayak

Canada named the Rideau Canoe Club as host for the national paddling competition next August.

Nearly 2,000 athletes — including multi-Olympic medalist Adam van Koeverden and Ottawa's own paddling heavyweights Angus Mortimer and Madeline Schmidt — will be competing during the Aug. 25-29 competition.

Canoe and kayak clubs from across Canada will compete in the 200-, 500-, 1,000- and 5,000-metre races.

The last time the championships were held here in

Ottawa was 2007.

"I'll definitely be feeling pressure next year to compete here, but that's a good thing," said 28-year-old Mortimer, a former Olympian who will be among 60 athletes from the Rideau Canoe Club at next year's championships.

"I think home advantage pressure is what you want. It's what it's all about."

Mortimer made the 2008 Beijing Olympics — and placed ninth with his crew in the final — but just missed the cut for the team in 2012. He's hoping to compete in

the 2016 Olympics in Rio.

"Last time nationals were here, (van Koeverden) was first, I was second, so hopefully we can reverse that next year in front of our friends and family," said Mortimer.

Ottawa Mayor Jim Watson said the event will be "great for the economy of the city."

CanoeKayak Canada estimates that the championships will generate more than \$4 million in economic spinoffs in the city.

Meanwhile, paddlers are heading to Regina for the championships Aug. 6-10.

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World Cup fans can watch the game and prove their skills at local bar

Hometown Sports. Business takes the Cup up a notch with its cage-match soccer games



LUCY SCHOLEY
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Cage-fighting matches usually involve blood, sweat, maybe a few tears — they are far from beautiful games.

But now soccer players can duke it out one-on-one in a specially tailored round cage, complete with little caged nets, at Hometown Sports Bar and Grill this weekend. Rather than just donning a jersey and sipping pints at the bar, you can battle, footy-style, in the name of your team.

It can be just as competitive as a regular soccer game, according to Alex Yanez and Bart Bakker, who organized the tournament and are working to make the Bank Street

bar Ottawa's official World Cup headquarters —they say they had about 250 people for the noon hour Brazil versus Mexico game on Monday. Former German soccer player Karl-Heinz Rummenigge came up with the cage idea, which is more popular in Europe, said Bakker.

In this weekend's tournament, the first person to score five goals or do a nutmeg — a maneuver where one player kicks a ball between the other's legs and immediately scoots around and captures the ball — wins the match.

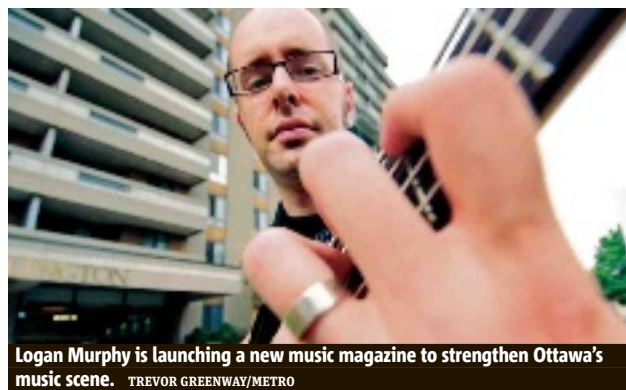
There's not enough room in the cage to dive for the ball. The emphasis is on fine-tuning footwork.

There will be 16 players per day, each representing one of the final 16 teams in the World Cup series. The one-on-one games will be June 29-30 and July 1 at Hometown Sports and Grill, at 1525 Bank St. It costs \$20 to sign up and proceeds will go towards helping Ottawa inner city kids play soccer.



Tony He (in black) and Mykal Bakker-Westeinde fight for the ball during a one-on-one caged soccer match at Hometown Sports Bar and Grill on Monday. LUCY SCHOLEY/METRO

Magazine aims to bridge the gap in local music scene



Logan Murphy is launching a new music magazine to strengthen Ottawa's music scene. TREVOR GREENWAY/METRO

Logan Murphy thinks too many musicians are fighting for gigs across the city and too few are working together to create the music scene Ottawa deserves.

The Algonquin College business grad, federal government employee and "wannabe bass player" is launching a new music magazine this fall with the hopes of bridging the gap between artists, musicians and industry folk, who he says are at odds with each other these days.

"Nobody works together," said Murphy. "Everybody kind of works on their own. There is tons of competition and no real networking or community events. We are just trying to bring a sense of community to the industry here. Everybody knows everybody, but there is still a lot of work to be done."

In 2012, Murphy launched the Ottawa Music Index, a website designed to survey the industry and find out what is needed to make the music scene in Ottawa bloom. The

product of that venture? A magazine for musicians to link up with fellow players and promote their music. The magazine will also be a platform for artists and industry people to network.

"There are a lot of great local photographers that work exclusively in music," said Murphy, adding the magazine will feature a local music venue in every issue in an effort to showcase Ottawa's dives, juke joints and little holes in the wall that feature everything

from underground jazz to up-and-coming indie bands.

"Just to try to give some exposure to some of these, maybe not necessarily lesser known, but some of the venues that host a lot of really great independent talent from across the country."

The magazine will launch in August, but before it goes to print, Murphy needs to raise \$5,000. He's got an Indiegogo campaign and so far has raised \$145.

TREVOR GREENWAY/METRO

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Cookbooks need more aboriginal flavour: Grad

Canadiana. Research student finds centennial-era recipes should be read with a grain of salt



LUCY SCHOLEY
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If food defines a nation, then most Canadian cookbooks in the late 1960s say little about aboriginal cultures.

That's what Marie-Anne Gagnon discovered when she started flipping through the books on her grandmother's shelf. Now a Carleton University masters student — with funding from the Social Sciences and Humanities Research Council and Fonds de recherche du Québec-Société et culture — Gagnon is putting those old recipes under the metaphorical research microscope.

Around the time of Canada's centennial celebrations, churches, companies and community groups started publishing national cookbooks as a way to define Canadian culture. But they tended to oversimplify aboriginal foods, modernize them, focus only on pioneer-era recipes or lack any aboriginal recipes at all, said

Gagnon.

"They were trying to tell aboriginal communities — and especially aboriginal mothers — that their means of food production and their diets were backwards, they were primitive and that they should change to a more modern diet," she said.

Aboriginal diets vary greatly between communities. But as an example, some Eastern Canadian communities may have had diets rich in fish, wild meat and berries and edible plants, said Gagnon. However, a Canadian food guide in the 1960s recommended canned foods and a lot of grains.

Those cookbooks that mention aboriginal foods may describe them as "Indian" or recommend a glaze or marinade, as if "the wilderness of Canada is not really acceptable for the modern white family ... they have to somehow tame it and make it palatable," said Gagnon. However, she said it was mostly well intentioned — as a means of celebrating Canadian culture and not neglecting others.

It might be equally awkward if a similar cookbook was printed for this year's Canada Day, she said. A true Canadian cookbook would have to be hundreds of pages long.



Marie-Anne Gagnon, a Carleton University masters student, is studying how aboriginal foods are represented in 1960s Canadian cookbooks. CONTRIBUTED

Investigation

Police looking for suspects in two retail robberies

Ottawa police are asking for help to identify a suspect in two separate robbery investigations.

Police say on June 5, around 4:30 a.m., a man entered a gas station, on the 600 block of Bronson Avenue near Chamberlain Avenue,

wearing a handkerchief over his face and carrying a large knife. The man made a demand for money and then fled with some cash and cigarettes. Police say he was in the store a short time before the robbery.

Then on June 20, also around 4:30 a.m., a man went into a convenience store on the 800 block of Bank Street, near Fifth Avenue. Police said he first went in without wearing any disguise, but then pulled a scarf over his face. He made a demand for cash,

cigarettes and lottery tickets. He got some and then he fled. Police describe the man as "a Caucasian male, approximately 25-35 years of age, 5'10", medium build, short dark hair, dark moustache and goatee."

Anyone with information with respect to these robberies, or any other robbery, is asked to contact the robbery unit at 613-236-1222 ext. 5116 or Crime Stoppers at 613-233-8477 (TIPS) or toll free at 1-800-222-8477.

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Police released this security image of a man being sought in a robbery investigation. CONTRIBUTED


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Mom of alleged trafficking victim says the system failed her daughter

'I did try to seek help.'

Halifax-area woman says she's not getting enough assistance keeping teen from a life of drug abuse and sexual exploitation



RUTH DAVENPORT
Metro in Halifax

A Halifax-area woman whose daughter was allegedly coerced into prostitution says the problem isn't the individual who's facing charges — it's a larger system that failed, and continues to fail, children.

Tashlynn Shaw, 23, was arrested last week and is facing child-trafficking and underage-prostitution charges.

Police say the investigation involved two young girls — aged 13 and 14 — who had been forced into the sex trade.

But the mother of one girl

says her daughter started selling her body not because of any one adult, but because of a system focused on blame rather than support.

"These girls are out there doing this stuff on their own and it doesn't seem that anything is being done until someone of age ... is there to pin the human trafficking on," said the woman, whose identity is protected in order to protect her daughter's identity.

The 37-year-old woman says she's struggling to save her daughter from a life of drug abuse and sexual exploitation, and isn't getting help from police or any social agencies.

The problems started when the girl was 10 and the woman went through a bad breakup, turning to drugs and even prostitution to cope. She said the formerly good girl started acting out after watching her mother "fall apart" — running away from home and pushing her mother further into self-



Tashlynn Shaw, who faces child-trafficking and underage-prostitution charges, arrives at Halifax provincial court Thursday. JEFF HARPER/METRO IN HALIFAX

destruction.

"I did try to seek help, and (child welfare) did send someone ... but it took two weeks

for them to even get back to me," said the woman. "She kept saying, (the girl) needs to be taken out of the home, and

Quoted

"As much as I hated that they took my kids, they needed to, and I understand that. I just wish they would have helped before it got to that point."

Mother of teen allegedly forced into prostitution

no one listened. And my whole life fell apart."

Child welfare took the woman's four kids, placing them with relatives, friends and foster families. At the age of 13, the eldest reportedly followed a friend into the sex trade, posing as a 17-year-old in online ads.

The mother says the girl was in and out of group homes, where a lack of structure enabled her sex work.

"They don't monitor them," she said. "(The kids) say they're going somewhere at 9 a.m., and they leave. And no one checks on where they're going."

The woman, who's been

clean since 2012 and has completed parenting and self-help courses, has her three younger kids on weekends and her eldest daughter full-time. She says her daughter has developed a taste for money and freedom, and doesn't want the structure of a normal home life — and the system that was quick to take the children away isn't there to help rebuild.

"They were so focused on the blame that could be put on me and not focusing on how she was feeling and how to deal with her issues with me," she said. "There's been more ... people that are there to feel sorry for her than want to really get down to the issues."

Egyptian-Canadian journalist given shocking seven-year prison sentence

"Thank you Canada. I will be arriving soon for some love. No terrorism plans, I promise :)"

This is one of several tweets Egyptian-Canadian journalist Mohamed Fahmy had asked his brother to send Monday as soon as an Egyptian judge ordered his much anticipated release.

But in a shocking turn of events, Fahmy and two other Al-Jazeera journalists were sentenced to seven years in prison

on terrorism-related charges, a verdict widely denounced as an attack on freedom of expression.

"No one expected this verdict at all," Fahmy's brother, Sherif, said in a phone interview from Cairo. "Mohamed, when I saw him last week ... he was extremely optimistic." To see that hope swept away has dealt the family a crushing emotional blow, he said.

"My parents are too old

for this.... My mother, for example, she broke down today, a total breakdown; none of us are able to calm her down at all."

Fahmy and his colleagues — Australian Peter Grete and Egyptian Baher Mohamed — were employed with Qatar-based satellite news broadcaster Al-Jazeera English when they were arrested on Dec. 29.

After Monday's verdict, Sherif Fahmy said Ottawa

should take a clear and public stance in his brother's defence.

"Call the Egyptian president ... call the Egyptian ambassador in Canada, like Britain did today," he said.

"Do something that proves that you actually care for Mohamed, that is what I am asking them to do."

The Canadian government said it was "very disappointed" with the verdict.

THE CANADIAN PRESS

Sudan

Woman convicted of apostasy freed from death row

A Sudanese woman on death row for apostasy had her sentence cancelled and was released by a Khartoum court on Monday, her lawyer and state media said.

State news agency SUNA said the Court of Cassation cancelled the death sentence against 27-year-old Meriam Ibrahim after her defence lawyers presented their case. Her lawyer,

Eman Abdul-Rahim, said Ibrahim has left prison and is with her husband and two small children, who had been with her in jail.

Ibrahim, whose father was Muslim but who was raised by her Christian mother, was convicted of apostasy for marrying a Christian. Sudan's penal code criminalizes the conversion of Muslims to other religions, a crime punishable by death.

The sentence drew international condemnation, with Amnesty International calling it "abhorrent."

THE ASSOCIATED PRESS

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France's cave art added to UN heritage list

This photo provided by the French Ministry of Culture shows a drawing in the Cave of Pont d'Arc in southern France. Drawings of mammoths, human footprints and other art carved on cave walls about 30,000 years ago have been inscribed on UNESCO's World Heritage list. The UN cultural agency says that the Decorated Cave of Pont d'Arc contains the best preserved figurative drawings in the world. Scan this photo with your Metro News App to see more images from the Cave of Pont d'Arc. DRAC RHONE-ALPES, MINISTERE DE LA CULTURE/THE ASSOCIATED PRESS

U.S. lagging in paid family leave: Obama

Maternity leave.

Employers in U.S. only required to provide unpaid leave for medical and family reasons

U.S. President Barack Obama said Monday that the United States should join the rest of the industrialized world and offer paid leave for mothers of newborns.

"Many women can't even get a paid day off to give birth — now that's a pretty low bar," Obama said at the White House Summit on Working Families. "That, we should be able to take care of."

While some companies offer paid family leave to attract workers, the 1993 Family Medical Leave Act only requires that employers provide unpaid leave for medical and family

reasons.

Obama praised California, Rhode Island and New Jersey for creating a state benefit. But he has not endorsed legislation that would create a similar national system funded by a payroll tax, and he pledged in his 2008 presidential campaign not to raise taxes on families making under \$250,000 a year.

When Obama came to the White House, he instituted six weeks of paid leave for his workers when they have a child, get sick or injured or need to care for an ailing family member, using his authority to set his staff's compensation under the personnel code.

He does not have the power to award paid leave to other federal workers without congressional action since they are covered under a different section of law. The White House has supported the goal of legislation introduced by lawmakers to

Parental leave

- The United States and Papua New Guinea are the only countries in the developed world that do not offer paid leave for new parents.
- Canada offers one of the longest paid parental leaves at one year, but one of the lowest pay-outs, at a maximum of about \$500 a week.
- Russia offers two months leave before birth and as much as 18 months after birth.
- Sweden offers 16 months parental leave.

change that, but it has yet to get through Congress.

Obama also encouraged employers to have more flexible work schedules and directed federal agencies to expand flexible work arrangements where possible. He also urged Congress to pass legislation requiring employers to accommodate pregnant employees so they can continue to perform their jobs. **THE ASSOCIATED PRESS**

Quoted

"There is only one developed country in the world that does not offer paid maternity leave, and that is us. And that is not the list you want to be on — on your lonesome. It's time to change that."

U.S. President Barack Obama

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Heckler apologizes to female peer

Hooting and hollering.

Japanese assemblyman comes forward after officials scramble to identify who made derogatory remarks at a presentation on fertility and marriage

A Tokyo city assemblyman apologized Monday for shouting out a sexist remark at a female counterpart last week — but denied that he meant to insult her.

Akihiro Suzuki, 51, reversed his earlier denial and came forward five days after officials scrambled to identify the voices heard during Ayaka Shiomura's presentation on issues such as infertility, maternal support and delaying marriage during an assembly session Wednesday.

A voice from the floor said "You are the one who should get married first," followed by laughter and more heckling, including "She must be single" and "Can't you even have babies?"



Tokyo city assemblyman Akihiro Suzuki bows to his female counterpart Ayaka Shiomura at Tokyo Metropolitan City Hall in Tokyo as he apologized for a sexist remark he made last week. KYODO NEWS/THE ASSOCIATED PRESS

Suzuki apologized over the first remark, but denied making the others. He said he never meant to insult her but wishes she could marry soon.

"I really hoped she could marry soon, bearing in mind this ongoing trend where women are delaying marriage

and having fewer children," he said. "But there are people who cannot do so even if they want to, and I realize what I said lacked consideration."

Suzuki said he personally apologized to Shiomura, a 35-year-old former TV personality, and her colleagues

of opposition Your Party before the news conference.

He left the ruling Liberal Democratic Party to take responsibility for causing the embarrassment to his fellow members, but vowed to keep his seat in the Tokyo assembly.

THE ASSOCIATED PRESS

CNSC proposes radiation-fighting pills for accidents

Canada's nuclear watchdog for the first time is proposing that people living near reactors be given a precautionary stock of radiation-fighting pills in case of an accident.

The Canadian Nuclear Safety Commission has been reviewing the country's emergency preparedness and response regulations in the wake of the meltdown at Japan's Fukushima reactor in 2011.

Many countries have already adopted a system where residents near nuclear reactors are given iodine thyroid blocking tablets to store in their homes. The thyroid glands, especially in younger children, are the most susceptible to absorbing radiation that is ingested or inhaled.

The safety commission has been consulting with

various groups, including environmentalists and nuclear license holders, on its latest regulatory draft. It is proposing the tablets be made available within "plume" area of radiation, of about 10 kilometres, for a selective portion of the population. Some energy producers have expressed concern about the proposal, and have balked at the idea that a "selective" pre-distribution be undertaken for a wider area beyond the first 10 kilometres.

A nuclear safety commission document summarizing the comments lists Ontario Power Generation as wanting to delete the words "selective pre-distribution" and adding the words "the opportunity for pre-distribution ... will be made" within the 10 kilometre zone. THE CANADIAN PRESS

Quoted

"This is a good step towards catching up with other countries; Canadians deserve protection on par with international best practices."

Shawn-Patrick Stensil, nuclear analyst for Greenpeace

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July 8 to September 27, 2014

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Levels 2, 4 and 6: 12:30 to 3:30pm

August 11 to September 5, 2014

Levels 1, 3 and 5: 12:30 to 3:30pm

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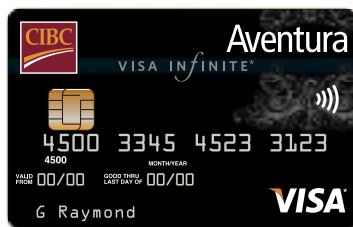
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Germany. Robot 'Ray' is the valet of the future

Got a plane to catch and don't feel like hunting for parking?

Travellers at Dusseldorf airport in Germany can soon leave the job to a robot valet.

An airport spokesman says the robot, nicknamed Ray, starts work Tuesday and can be booked using a smartphone app.

Thomas Koetter says all travellers need to do is leave their car in a designated area, and confirm it's empty and

ready to go.

Then Ray or one of its cybernetic colleagues will take the car to one of 249 parking spaces reserved for robots.

Koetter says the forklift-like machine can carry any standard car weighing up to 3.31 tons and is fully insured.

He says the service costing \$39.43 US a day targets busy business travellers, but is open to anyone.

THE ASSOCIATED PRESS



Parking robot 'Ray' transports a car in Germany on Monday. THE ASSOCIATED PRESS

Top court ruling. No sports gambling in Atlantic City

The U.S. Supreme Court on Monday left in place a ban on sports gambling in New Jersey, rebuffing an attempt to bring betting on professional and college sporting events to Atlantic City casinos and the state's racetracks.

The justices did not comment in letting stand lower court rulings that struck down New Jersey's sports betting law because it conflicts with a federal law that allows state-sanctioned sports gambling only in Nevada and three other states.

The state's appeal was led by Gov. Chris Christie and it argued that New Jersey was trying to limit illegal sports wagering and capture some of that money for the state treasury. New Jersey says an estimated \$500 billion is bet illegally on sporting events each year.

The New Jersey lawmaker who wrote the betting legislation said he plans to introduce a bill that would repeal all laws prohibiting sports betting.

THE ASSOCIATED PRESS

Take this Ringly as a sign of my love for my phone?

Commitment. For those looking to take things with their smartphone to the next level, comes a Bluetooth-connected ring

The first wearable tech smart ring vows to keep you connected to your phone. Ringly uses Bluetooth LE to alert wearers to a call, text or even Tinder.

The New York-based boffins behind the band say it's designed to help women discreetly stay on top of hectic social and professional engagements without the need to constantly check their phone.

The 18 karat gold-plated gadget inlaid with a choice of four semi-precious stones — black onyx, rainbow moonstone, pink sapphire, and emerald stone — features four vibration patterns and five colours that can be assigned to different notifications.

Co-founder Christina Mercado tells Metro why women need to have their (ring) finger on the smart technology pulse.

Nowadays, we're more connected to smart technology than ever before, so why do women need this piece of wearable tech?

One day after work I was out with some friends and totally lost track of time. My phone was buried in my purse, so I didn't get any of the texts from my boyfriend, who was telling me that I was late for our dinner reservation. That's when I real-



In a serious relationship with your smartphone? Put a Ringly on it. RINGLY

ized that women have this huge problem of missing important phone calls and notifications because they, unlike men, don't keep their phones in their pockets.

Is the functionality of the design more important than its esthetic?

We are a fashion-first company that packs small and powerful technology into beautiful jewelry. It was important to create a product that women would want to wear even if it didn't have technology inside.

The ring sends an alert if the wearer strays too far from their smartphone. Is this made for the forgetful

Not three-months salary

\$260

Ringly rings cost anywhere from \$145 US for early online orders to \$260 retail for the emerald ring.

The range of connection to your phone is around 20 feet, and if you walk too far away from your phone or leave it behind Ringly will notify you that you are out of range.

Do you not think that a ring that lights up and vibrates could be distracting?

We wanted to make the technology as discreet as possible, so when your Ringly is sending you a notification through vibrations and light, only the wearer notices because it's so subtle. I've been out many times wearing my Ringly and I'll receive a notification, and no one notices but myself. I like to refer to it as glanceable UI — you can glance at it and know what's going on, but it's unobtrusive.

METRO WORLD NEWS

Market Minute

DOLLAR
93.23¢
(+0.22¢)

TSX
15,105.63 (-3.34)

OIL
\$106.17 US (-\$0.66)

Natural gas: \$4.44 US (-\$0.08)
Dow Jones: 16,937.26 (-9.82)

GOLD
\$1,318.40 US (+\$1.80)

Mobile app

No monkeying around with the parking in San Fran

San Francisco's city attorney issued a cease-and-desist demand Monday to a mobile app called MonkeyParking, which allows people to auction off public parking spaces that they're using to other nearby drivers.

The letter to Italy-based Paolo Dobrowolny said San Francisco's police code prohibits selling or leasing public on-street parking.

THE ASSOCIATED PRESS

Made by Takata

Defective airbag recall spreads

A recall of defective airbags is spreading to more manufacturers.

BMW, Chrysler, Ford, Honda, Mazda, Nissan and Toyota will all recall cars at the U.S. government's request because their air bag inflators could rupture.

In each case, the air bags are made by Japanese supplier Takata.

The government opened an investigation after getting six reports of air bags rupturing. THE ASSOCIATED PRESS

Focus groups

Canadians wary of security, privacy before Heartbleed

The Internet bug known as Heartbleed that surfaced in April hit the Canada Revenue Agency just as it was trying to expand its online services for individual taxpayers.

Focus groups in the weeks before word of the bug triggered a shutdown of income-tax servers suggest Canadians were already wary of online security at the CRA. THE CANADIAN PRESS

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SORRY, PANTENE, I'M NOT BUYING IT

Pantene wants women to stop saying "sorry." Last week the hair-care brand launched a new marketing video that depicts women saying "sorry" in various situations that really don't warrant an apology.

The viral video, which already has more than two million views on YouTube, urges women to stop asking for forgiveness in everyday situations, be confident and #shinestrong.

This shine strong message is a subtle reminder that Pantene isn't only selling female empowerment, it's also hawking shampoo with Pro V antioxidant formulas designed to give you shiny, glossy hair.

The Sorry Not Sorry video reminds me of Dove's Campaign for Real Beauty, which encourages women to love our bodies and be proud of our curves. It's a nice idea, but Dove subverts its own body-positive messaging by retailing intensive firming cream



SHE SAYS
Jessica Napier
metronews.ca

designed to eradicate the same cellulite we're supposed to be embracing.

The problem with both campaigns is that these companies — as progressive as they might hope to appear — are out to sell products. Dove and Pantene tell us to be confident in our own skin, but they're also trying to cash in on our insecurities. We buy hairspray and scented body wash and moisturizing lotion because we have been told we should look and smell and feel a certain way.

Of course we shouldn't be apologizing all the time... unless it's about our dull, lacklustre hair, right?

Despite what Pantene would have us believe, I don't think "sorry" is a gendered word designed to disempower modern women. The word has become a habitual placeholder for all sorts of phrases. It's a term used by both men and women to get someone's attention

#thisisnotwhatfeminismlooklike

Faux-feminist rallying cries like #wearebeautiful and #shinestrong are hard to stomach when you consider the fact that these companies are ultimately the ones perpetuating the beauty standards they claim to overthrow.

or as a knee-jerk response to any sort of physical contact with a stranger. I don't say "sorry" because I feel weak in my everyday life; I say "sorry" because it's usually the polite thing to do and because I was raised in a country of overly apologetic Canadians.

I understand that beauty companies want to create a meaningful dialogue with women, but they have to stop patronizing us with these over-the-top viral videos and cutesy hashtags.

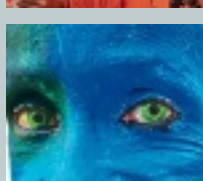
So I'm sorry, Pantene, I'm not buying your marketing campaign — or your hair products.

ZOOM

Futbol and fancy dress



ALL PHOTOS THE ASSOCIATED PRESS UNLESS OTHERWISE NOTED



While some of these teams didn't survive the first round, Metro salutes all of the World Cup fans who, no doubt, have made their fellow countrymen and women proud. Clockwise from top left: Fans from Cameroon, Argentina, Netherlands, Brazil, Honduras and Croatia cheer on their teams.

Biggest spenders*



Least hooligan-y

- Japanese fans scored top points at this World Cup from the cleanup crew, after tidying up after themselves and leaving stands immaculate.

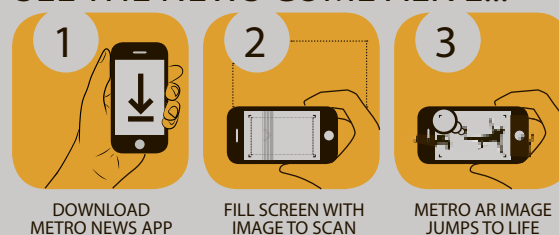
Most appropriated

Oct. 22, 2003

Date which can be traced as the birth of what is now soccer's most prolific chant. It began in a bar in Milan with fans of Belgium's Club Brugge K.V. chanting a riff from Seven Nation Army by The White Stripes. This was adopted and nurtured by Italy, brought across the Atlantic by Penn State, and then co-opted by fans around the world. DEADSPIN.COM

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 7 in News, page 12 in Scene and page 20 in Sports

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3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

The man who runs with bees



ANDREW FIFIELD
andrew.fifield@metronews.ca

Like moving to the country and opening a bait shop, beekeeping's a career that's easy to admire from afar on a day when you've had enough of sitting at a desk.

Oregon beekeeper Wolf Carr never had such idle daydreams, it seems. He figured out pretty early on that having hives was the life for him and this short profile film makes his typical day seem like one to envy. If this lovely slice of Wolf's sweet life has you intrigued, you can learn more at julietzulu.us. And if that's not enough, we could always take up beekeeping together. (Juliet Zulu/Vimeo)



SCREENGRAB

How Banks found salvation in dark R&B

Musical catharsis.

Singer has anger to thank for her songwriting and subsequent success

RICHARD PECKETT

Metro World News in London

"If I wasn't that lost or lonely, I don't know if I would have even discovered music," says Jillian Banks, the R&B singer-songwriter better known as Banks. She's speaking of her parents' divorce; the mental distress and solitude of her teen years were escalated through her family's domestic disputes.

But rather than go full-throttle on self-destructive teen rebellion, the L.A.-based 26-year-old, whose debut album *Goddess* drops this September, used her anger as a catalyst for musical creativity.

"It was such a blessing to be so angry," she explains. "If I wasn't in such a dark place I wouldn't have been in a weird enough mood to start tinkling about on the piano."

She channelled her repressed inner turmoil into a "fake keyboard that only needed a napkin-light touch to make a noise," she shares.

This instrumentally crude musical catharsis was the beginning of what would become her now signature darkly pulsing beat. "I felt like this person who wanted to scream, but didn't have a voice. I felt mute and completely helpless because I didn't know what to say or how to say what I was feeling. And all of a sudden all of



Banks' debut album, out in September, is called *Goddess*. GETTY IMAGES

these weirdly intricate poems were coming out with melodies on top of chords."

Banks had had no formal musical training at this point. In fact, she still writes all her songs by ear, which maybe accounts for her alternative, sultry brand of R&B. Her writing is an emotional confessional, apt from an artist who has a bach-

elor's degree in psychology.

"My music speaks for itself with what I go through — things that are hard to talk about in real life. Music is where I feel completely liberated and free to express myself."

Her candid honesty led to her first accidental release *Before I Ever Met You* to be

AUGMENTED REALITY

→ Want to see a beautiful music video? Scan this photo with your Metro News app to check out Banks' video for her song *Waiting Game*.



→ See the full instructions on Metro's Voices page.

dubbed a breakup jam.

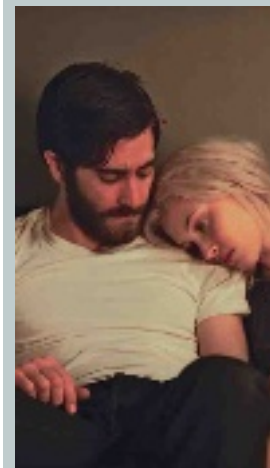
True to her word, Banks is reticent when asked to divulge the so-called "nitty gritty" of what sparked the song. But she admits that all her music is "me, me, me, me, me. It's almost voyeuristic to listen to; I'll have to be fearless releasing all this stuff — I just hope people connect to it," she giggles.

She doesn't need to worry. Banks has already been anointed by BBC Radio 1's Zane Lowe, who nominated *Before I Ever Met You* as his Next Hype record in 2013, can count Katy Perry among her fans and has had tracks used both on a Victoria's Secret ad and the movie *Divergent*.

None of this would have been possible had Banks' manager not been bold enough to rip the track from her private SoundCloud account and whisked it away to the influential ear of the BBC DJ.

"It was a blessing from the universe," she says. "It kind of gave me that extra little push to be fearless; I would die for him [Zane Lowe]." Banks gushes.

DVD review



Enemy

Director. Denis Villeneuve

Stars. Jake Gyllenhaal, Melanie Laurent



Toronto history professor Adam Bell (Jake Gyllenhaal) suddenly finds the present more urgent than the past when a perfect doppelgänger named Anthony aggressively enters his life. This is the deceptively simple setup to *Enemy*, a taut psychosexual thriller by Quebec's Denis Villeneuve that won a leading five prizes at this year's Canadian Screen Awards, including Best Director. Based on *The Double*, a novel by Nobel Prize-winning novelist José Saramago, the film was shot in Toronto and bathes the city in sinister hues of brown and grey, making it seem like a character. Admirers of Alfred Hitchcock, Roman Polanski and David Lynch will find a friend in *Enemy*, which also includes intriguing figures played by Sarah Gadon, Mélanie Laurent and Isabella Rossellini.

PETER HOWELL



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OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Kim Jong Un-happy about portrayal in new Franco-Rogen film

MELINDA TAUB

Metro World News

If James Franco and Seth Rogen were hoping for an invite to a pickup basketball game with North Korean dictator Kim Jong Un, they can just forget it. Kim Jong Un is in a celebrity feud with them now.

Franco and Rogen star in the upcoming film *The Interview*, in which they play the star and producer of a TV talk show.

Lizzy Kaplan of the CIA informs them that Kim Jong Un is a big fan of their show, and asks them to go to North Korea and assassinate him.

The trailer for the movie dropped on June 11,

and Kim Jong Un, who is believed to be a Western movie buff like his father Kim Jong Il, is not pleased to find himself targeted for a fictional assassination. Unlike most celebrity beefs, this one cannot be settled on Twitter as Miss Manners recommends, but Kim has informed the world of his displeasure through a spokesperson.

"There is a special irony in this storyline as it shows the desperation of the U.S. government and American society," his spokesman Kim Myong-Choi said, according to the *Guardian*. "A film about the assassination of a foreign leader mirrors what the U.S. has done in Afghanistan, Iraq, Syria and Ukraine. And let us not forget who killed (President John F.) Kennedy — Americans."

"In fact, President (Barack) Obama should be careful in case the U.S. military wants to kill him as well."

If the military sends Seth Rogen and James Franco to do the job, I think Obama will be just fine.

R
TORY



Lindsay Lohan GETTY IMAGES

London's calling Lohan, but it looks like Kate Moss won't be on the line

If Lindsay Lohan is looking to make her move to London permanent, she's not off to a good start with the locals. Lohan reportedly drew the ire of Kate Moss after reaching out to Moss' husband, musician Jamie Hince, upon her arrival across the pond, which apparently upset the British supermodel, according to

the Sun. Tensions came to a head during a recent run-in between Lohan and Moss at a London restaurant where Moss "was ranting about it to fellow diners," a source says. "The argument went on for a while, and Kate seemed extremely annoyed with Lindsay. People around them noticed it was going on."

Too many bucks to get Matthew back in the buff?



Matthew McConaughey GETTY IMAGES

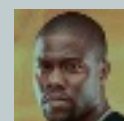
Yes, there will be a *Magic Mike* sequel, but don't expect Matthew McConaughey to show up for this one. "Word has it Matthew is probably not going to be involved in this one because he's worth a lot of money," co-star Gabriel Iglesias tells *Dish Nation*. "That whole Oscar thing. The nerve, right?" Iglesias explains that while he hasn't seen the full finished script yet, what he has seen so far does not include McConaughey's character. "All they're telling me — because they haven't shown me the whole script yet — is that they're taking the show on the road," he says. "So something tells me it's not going to be shot in Florida like the last one."

Dancing with the suitors: JLo appears to be getting jiggy with new man

Jennifer Lopez and *Dancing with the Stars* pro Maksim Chmerkovskiy aren't doing much to dispel rumours that they've recently started dating, if their recent night out at Connecticut's Foxwoods Casino following one of Lopez's concerts is any indication. "Maks

was whispering into her ear and hugging her. They looked very flirty together," a source tells *Us Weekly* of the pair's time spent in the VIP area of the casino's Shrine nightclub. "She had a huge smile on her face and looked like she was having a great time."

Twitter



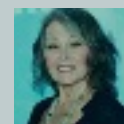
@KevinHart4real

Ladies my new nickname is "Bam Bam" and "The BULDGE" you know why if you saw "Think Like A Man Too" this past weekend!!! Lmfao



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@therealroseanne

leftys and rightys r both wrong.

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ROMINA MCGUINNESS
Metro World News

It's \$\$\$, but when you can, buy organic

You'll be taking in fewer calories, so you need to make sure your body is getting the most nutrient-dense foods possible: "The same nutritional count is in an organic blueberry as a non-organic one; only the latter is loaded with chemicals your body cannot process. These are then stored by the body as a low level of inflammation, damaging cells at a high rate. Clean, organic foods, however, will go through your body with ease," says Gwyneth Paltrow's personal trainer Tracy Anderson.

Sleep is when your body goes to work

When you think of bodybuilding, you picture big workouts and big weights, though that's actually not good for your body. Muscle tissue is broken down during a workout, only to be repaired and strengthened during the recovery process. But this can't happen without sleep, which is when the body fixes itself, says Peterson. "Sometimes it's not about getting in another workout, but an extra hour of sleep. Some people get by on four, but that's not optimal; the body shuts down after a while. Seven hours is good for an adult."

Only pure protein

"You need to make sure your body has protein at the ready to build and rebuild tissue that has been torn down during a workout. And by that, I don't mean quinoa and

lentils, but non-fried, non-processed lean beef, chicken, eggs or fish," fitness expert Gunnar Peterson, who works out with most of the Kardashians.

Be your body's boss

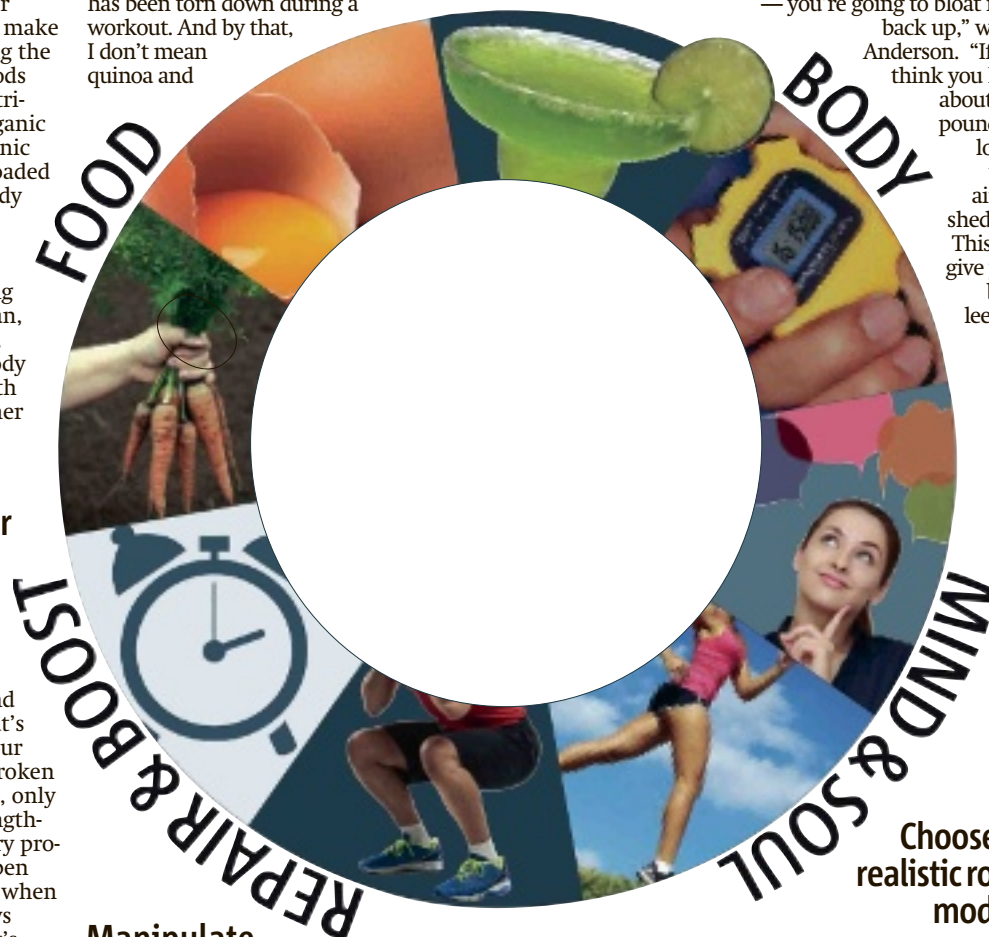
"As soon as you're out there on the beach and you order some nachos and a margarita — you're going to bloat right back up," warns Anderson. "If you think you have about five pounds to lose ... then aim to shed 10." This will give your body leeway.

Have a plan, and actually stick to it

"Starving yourself is nothing but brain damage," Michelle Bridges, well-being guru and author of *Total Body Transformation*, tells Metro. Be consistent: "Get on the scales, jot your measurements down, and do a mini fitness test: Time how long it takes you to run one kilometre, and see how many crunches, squats, and push ups you can do in one minute. Now start training for 30-45 minutes, six days a week. The most important is to establish a routine. Redo that same fitness test after four weeks, and I can guarantee you will have improved."

What do you really want?

"Want an awesome diet and exercise plan? Google it," says Bridges. The real issue is figuring out what's going on in your head: "People beat themselves up mentally when a diet doesn't work out, which is far more damaging than being overweight ever will be. Nothing is going to change unless you adopt the right mindset. Figure out a week-by-week schedule, and think about what you really want, whether that's fitting into a size 10, or being able to run five kilometres. Only then will you be ready to tackle the rest," she explains.



Manipulate your metabolism

Turn your engine from a two-stroke to a V8: "The best way to increase your

metabolism is to include weights (such as kettle bells or dumbbells) in your cardio-based workouts. Your muscles will become leaner and denser, which in turn, helps burn more body fat.

Choose a realistic role model

"If you truly believe that beauty is looking like a random magazine model, you're never going to be happy. You're never going to feel good in a bikini, or naked for that matter," warns Anderson.

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Brown fat

Can keeping cool keep you thin?

In a preliminary study to learn about mysterious but promising brown fat cells, researchers demonstrated that exposure to cool environmental temperature actually creates them, possibly helping to boost metabolism.

Past research has indicated brown fat, prevalent in lean people, is the key player in metabolism because it generates heat.

AFP

EveryGirl can get fit, says Menounos



Living a healthy lifestyle is more important than being skinny, says author Maria Menounos. GETTY IMAGES

Four simple rules.

Don't even think about crash dieting: Instead, follow Maria's advice to not just slim down, but also get healthy

EVA KIS

Metro World News in New York City

Who needs 12 steps when you can reach your diet and fitness goals in 11? Here are four of Maria Menounos' 11 simple rules for every girl looking to improve her health, from *The EveryGirl's Guide to Diet and Fitness*.

Rule 1: Being healthy is more important than being thin.

We all feel the pressure from Hollywood, media and culture to be thin, thin, thin! The EveryGirl must focus on a healthy lifestyle and choose good fats and carbs like olive oil and whole grains over unhealthy low-calorie crutches like diet soda and energy drinks.

Rule 4: Don't attempt a 180.

How many times have you said you're never eating carbs again? Rather than make enormous, drastic changes, ease out of old habits and into new ones slowly and realistically for maximum staying power.

Rule 8: Always be moving.

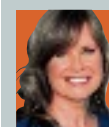
If you think exercise only comes from multiple-hour workout sessions with your personal trainer, you're wrong! Incorporate small, cumulative activity throughout the day to help keep your metabolism up and the weight off.

Rule 10: Make no comparisons.

Pam Anderson has the most amazing body. No wait, Gisele Bundchen has the most amazing body. Actually, Kim Kardashian has the most amazing body. Or is it Kristen Stewart? Natalie Portman? Beyoncé, Rihanna, Jennifer Lopez? It's all subjective, which is why it's not worth comparing ourselves to them or anyone else.

In case of injury

Your summer first-aid kit



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

School's out this week, and family vacations are on the calendar. Canadian families need to be prepared for any medical emergencies. To help prepare, in the summer issue of Best Health we asked a nurse what she keeps in her own first-aid kit. Here's what Caitlin Mason, a thoracic nurse at the Victoria General Hospital in Halifax, typically has on hand.

1. **BANDAGES.** Always have a variety of sizes, says Mason.

2. **TWEEZERS.** These are a great tool for splinter removal.

3. **DISPOSABLE LATEX GLOVES.** They'll keep you and the person you're assisting safe from bodily fluids.

4. **INSTANT ICE PACKS.** These are convenient temporary relief for swelling or sports injuries.

5. **HAND SANITIZER.** If you don't have soap and water handy, this offers a quick cleanse until you can properly wash your hands.

6. **SALINE SOLUTION OR ANTISEPTIC.** You'll need this to clean out cuts and scrapes.

A well-stocked first-aid kit is key to a fun and safe summer. ISTOCK



7. **ASPIRIN.** This helps relieve mild pain and inflammation.

8. **BENADRYL, OR ANY ANTIHISTAMINE.** It will treat some allergic reactions.

PLUS Gauze and adhesive tape to dress wounds (and scissors for cutting the gauze and tape); and a tensor bandage for sprains.

Mason also recommends keeping your first-aid kit stocked with a CPR mask to protect yourself from bodily fluids during mouth-to-mouth resuscitation.

You can get these at your local St. John Ambulance and at some drugstores.

We found a couple of natural remedies as options, too: Medical-grade manuka honey is a natural antibacterial and anti-inflammatory; it has been shown in a small study to reduce healing time by 40 days compared to conventional wound treatment.

And arnica cream is really good for bruising and swelling.

Of course, always seek immediate professional medical care in emergencies.

FOR MORE ARTICLES, RECIPES AND PRODUCTS FOR LIVING WELL, PICK UP THE LATEST COPY OF BEST HEALTH MAGAZINE ON NEWSSTANDS. YOU CAN SUBSCRIBE AT BESTHEALTHMAG.CA. WE ALSO HAVE AN AWARD-WINNING IPAD EDITION.



The na-nose is a breathalyzer that detects lung cancer. AFP

Na-nose. Innovative new device can help sniff out lung cancer tumours

A new invention by an international team of scientists could provide early detection with 90 per cent accuracy for lung cancer, one of the most common silent killers.

Researchers associate its high mortality rate with lack of symptoms, saying that by the time of detection, cancerous cells have usually metastasized beyond a point of no return.

The device is a breathalyzer, pure and simple, yet a nose-clip

sets it apart from those used to detect the presence of alcohol.

"Na-nose," as researchers have named it, contains a nanotech chip that is said to be capable of detecting the scent of cancer, or rather, sniffing it out canine style. Chemicals produced by lung cancer tumours have a discernible scent because they evaporate easily, according to researchers. The device can even discriminate between substances. AFP

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Cartier Place boasts comforts and amenities of a hotel

Ideally located in a residential neighbourhood between the Rideau Canal and the trendy boutique area of Elgin Street, the Cartier Place Suite Hotel & Residences is a new concept of retirement lifestyle. In addition to the outstanding hotel services available to our guests, the Cartier Place Suite Hotel & Residences is also offering retirement lifestyle living with

all the comforts of a hotel.

Our residence includes 72 spacious, well-appointed one-bedroom suites with fully equipped kitchens, living room and dining room areas. Each suite has a private balcony, individual climate control and safety features.

Our inviting entertainment lounge is exclusive to our retirement residents. Enjoy

the indoor swimming pool, whirlpool, sauna, exercise room and relax on the garden patio, which features a shuffleboard court and barbecue area.

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To discuss your accommodation needs, please call Ann Freel at 1-866-414-0998 ext. 3114 or by email at afreel@suitedreams.com.



CONTRIBUTED

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Thursday, June 26th | 1:00 – 4:00pm

Mustang Sally Dance | 2:00pm – 3:00pm



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SHUTTERSTOCK

Expo educates seniors on health and lifestyle

More than 100 people attended the inaugural Seniors' Health and Wellness Expo hosted by Beacon Heights Retirement Residence on May 27. Sponsored by Classic Care Pharmacy, the free expo featured dozens of presentations and kiosks devoted to health, fraud prevention, downsizing and support services. Along with a nutritious lunch, residents and visitors could get their blood pressure, hearing and medication checked, and troubleshoot issues with walkers and CPAP (continuous positive airway pressure) devices.

"We want to make sure that people can access the information they need to make healthy choices about aging and lifestyle," says Tea Derakhshan, director of marketing at Beacon Heights.

One of the Expo's most popular presentations came from Altered Spaces, Altered Lives, an Ottawa company that specializes in helping people reorganize their possessions to maximize the enjoyment they bring.

Beacon Heights Retirement Residence is an All Seniors Care Living Centre located in Ottawa's east end near hospitals, medical clinics and pharmacies, and within walking distance of many stores and services. The residence accommodates more than 175 seniors in a comfortable, bilingual atmosphere, and regularly hosts events and activities to keep residents and visitors engaged and active. Beacon Heights invites everyone to attend an open house — and to dance to the sounds of a live band — on the afternoon of Thursday, June 26.

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SHUTTERSTOCK

Riverstone can provide the perfect ‘staycation’

Each retirement-residence community offers a relaxing break from the everyday

More and more seniors in Ottawa are taking advantage of opportunities to enjoy the comfort and convenience of the retirement-residence lifestyle for up to six weeks at a time. Known as “staycations,” these temporary stays are available in each of the four Riverstone Retirement Communities opened in recent years.

“A short stay in one of our communities appeals to a growing number of families and individuals,” says Cindy Willins, senior marketing manager for Riverstone.

According to Willins, staycations are particularly popular among three groups: families with elderly or frail parents in the home; seniors who serve as the primary caregiver of their spouses (respite care); and couples and individuals interested in sampling life in a retirement residence (trial stay).

“Spending a week or two in one of our

residences is a great way for someone to figure out whether it’s right for them and what they really need,” says Willins. “Most people who come for a staycation are delighted to find that it’s much more than they expected.”

All of the staycation units come fully furnished and equipped with telephone, television and Wi-Fi service. Each Riverstone community offers a range of living supports, such as bath assist and medication administration, along with a full slate of individual and group activities, and a variety of amenities, such as indoor pools, fitness centres and games rooms.

“At this time of year, many families are planning vacations, but recognize that they can’t take their elderly parents with them. Staycations are a great opportunity to experience all that our residences have to offer,” says Willins.

FOUR COMFORTABLE COMMUNITIES

Riverstone’s properties are all relatively new: OakPark (Alta Vista) and Bridlewood Trails (Kanata) are about five years old, while Maplewood (Riverview) and Carlingwood are less than a year old. Designed and built by Claridge Homes, all have units of various sizes, including studios and one and two bedrooms, and offer flexible and nutritious meal plans, housekeeping and laundry services. Along with a complete range of care options, such as residential care and independent and assisted living services, all Riverstone properties also have 24-hour emergency response and around-the-clock professional nursing staff.



CONTRIBUTED



Look at retirement living **differently**



Maplewood Retirement Community

The much anticipated Maplewood Retirement Community is now open! Located in beautiful Riverview Park, Maplewood offers luxurious amenities and a continuum of care. Following in the footsteps of Oakpark and Bridlewood Trails, Maplewood offers the range of lifestyle options and exceptional services that all Ottawa-owned Riverstone properties are known for.

Call us today to book your personal tour and see what Maplewood has to offer!



OUR COMMUNITIES

1	CARLINGWOOD 613-656-0333
2	OAKPARK 613-260-7144
3	Maplewood 613-656-0556
4	BRIDLEWOOD TRAILS 613-595-1116
5	Stirling Park COMING SOON

Maplewood – Riverview Park
340 Industrial Ave 613-656-0556

MaplewoodRetirement.ca



Sweeten soup pot for red lentil day

Affordable family food

Ancient crop packs a one-two punch



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Protein packed lentils are one of the most ancient crops known to have been cultivated. It crops up in history 8,500 years ago likely because it is a plant that grows easily in arid or cool regions. Loads of varieties are available and they are cheap and easily found at any grocery store. They are one of the few beans that don't require soaking or any other preparation which makes them a perfect and affordable family food.

Some of the more common varieties include:

- **Puy lentils:** Small blackish green, lower-starch variety. Great for creamy side dishes.

- **Green lentils:** Firm, larger pods

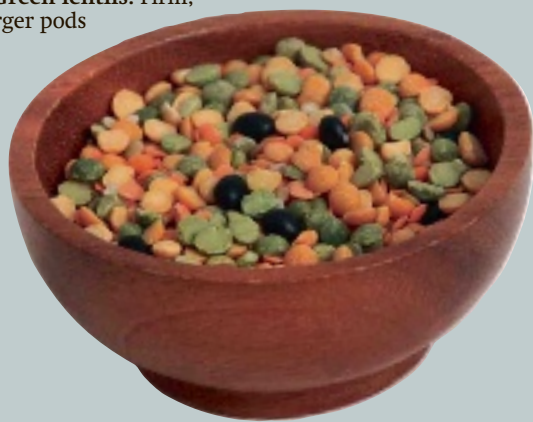
great for cold salads.

- **Red lentils:** Actually the hulled inside of other lentils. Great for soups as they disintegrate when cooked.

All lentils rank very highly on the protein scale and, when paired with cheese and/or nuts make a complete protein just as effective as animal protein at building muscle. They are also one of the best forms of fibre, with one cup serving up just over half of your day's needs.

Just remember when cooking any lentils, pulses or beans not to add any acid like lemon or vinegar until the very end. Doing so stops the breakdown of the fibre so that they will not cook further. A good thing to curb the mushies but bad if you don't like crunching on pebbles.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



This recipe makes four servings. THERESA ALBERT

FLASH FOOD



From your fridge
to your table in
30 minutes or less

You can feed a family of four for under \$2 with a soup of high-protein lentils, nutrition-packed sweet potatoes and onions.

Cheese is optional and will cost a bit extra.

I know it seems weird not to peel the sweet potatoes

but the skins are full of nutrients and are just as edibly delicious as white potato skins. Just give them a good scrub and chop!

Directions

1. Warm a large pot over medium-high heat and melt butter. Add onions and sweet potatoes; stir.

2. Add broth and water; add lentils. Bring to a boil, turn down to simmer and cover. Let simmer for 20 minutes.

Ingredients

- 1 tsp butter
- 1 onion, chopped
- 1 small sweet potato, scrubbed and cubed, skin on
- 4 cups chicken or vegetable broth
- 1 1/2 cups water

- 1 cup red lentils
- 1 tbsp dried basil
- pinch dried red chili peppers
- 1/2 tsp black pepper
- 1 tbsp molasses
- 8 tbsp grated cheddar cheese (optional)

3. Stir in basil, chili peppers, pepper and molasses.

4. Grate cheese if using and serve at the table.

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New bench boss

Desjardins picks Canucks over Pens

Few coaches would turn down the chance to coach superstars Sidney Crosby and Evgeni Malkin — but Willie Desjardins did.

Instead of choosing to take the available coaching job with the Pittsburgh Penguins, Desjardins decided that he would rather guide Daniel and Henrik Sedin and their Vancouver Canucks teammates.

“I think Pittsburgh has great players as well, but I like the package here,” said Desjardins at a news conference Monday after his appointment as the 18th coach in Vancouver’s history was announced.

It’s the first NHL head coaching job for Desjardins, a 57-year-old native of the tiny village of Climax, Sask., who most recently led the AHL’s Texas Stars to a Calder Cup championship.

THE CANADIAN PRESS

Stay put in Montreal

Markov, Habs agree on extension

Andrei Markov is staying with the only NHL club he has ever known.

The 35-year-old defenceman agreed to terms of a \$17.25-million US, three-year contract extension with the Montreal Canadiens on Monday. Markov was due to become an unrestricted free agent on July 1.

He will earn the same salary, \$5.75 million per season, that he made in each of his last two contracts over the past seven years. THE CANADIAN PRESS



Brooke Henderson of Smith Falls, Ont., hits a tee shot during the U.S. Women's Open on Sunday in Pinehurst, N.C. SCOTT HALLERAN/GETTY IMAGES

Teen phenom coy about turning pro

Brooke Henderson. Smiths Falls golfer shot the lowest score among amateurs at U.S. Women's Open

After her 10th-place finish at the U.S. Women's open, Canadian teenager Brooke Henderson says she's keeping her options open when it comes to turning pro.

But the 16-year-old from Smiths Falls, Ont., says right now she remains committed

to a scholarship at the University of Florida once she finishes high school.

“I am still committed to the University of Florida right now but we'll just see,” she said Monday, as she prepared to compete in the second stop of the Canadian Women's Tour in Niagara Falls, Ont.

“LPGA is definitely my goal and I hope to have a successful career out there sometime soon. I don't know when that is right now, if it's this year, next year or four years, after I finish university.”

The Open was won by another former teenage golf

Near the top

3

Brooke Henderson, the No. 3-ranked amateur in the world, edged the top amateur, Australian Minjee Lee, by three strokes to take the low-amateur medal at the U.S. Women's Open.

legend, Michelle Wie, 24, who turned pro just before her 16th birthday. It was her first major win.

Henderson, who had the best score among amateurs at the challenging No. 2 Pinehurst

course, admitted to some anxious moments at the start of her second Open. “The course was very difficult ... and the beginning of the week I was a little bit intimidated because it was so hard and it was running so firm and fast,” she said.

But she got more comfortable as she worked her way to that final round 69.

“I just knew that I had to hit certain spots on the fairways and certain spots on the greens and then it would be all right. I was able to hit the ball really well (last) week and hit those spots, which made it a little easier on me.” THE CANADIAN PRESS

Doors to Hall of Fame finally open for Burns



Longtime NHL coach Pat Burns will be inducted into the Hockey Hall of Fame as a builder. THE CANADIAN PRESS FILE

Four years after his death, Pat Burns will get the long-awaited honour of being inducted into the Hockey Hall of Fame.

The three-time Jack Adams Award-winner who coached the Canadiens, Maple Leafs, Bruins and Devils and won a Stanley Cup with New Jersey, was selected on Monday as part of the six-member class of 2014. Joining Burns are players Rob Blake, Peter Forsberg, Dominik Hasek and Mike Modano and referee Bill McCreary.

Burns goes into the Hall of Fame as a builder, one year

Induction night

The six-man class of 2014 will be inducted Nov. 17.

after the late Fred Shero was inducted into the category.

Blake, a native of Simcoe, Ont., won gold for Canada at the 1997 world championships and 2002 Olympics and a Stanley Cup with the Colorado Avalanche in 2001. The defenceman had 777 points in 1,270 regular-season games.

A teammate of his on the 2001 Avalanche, Forsberg also was on Colorado's 1996 cup-champion team. Forsberg finished with 885 points in 708 games and won a Calder, a Hart and an Art Ross Trophy, though his career was cut short by injuries.

Hasek, a former Senator, won the Vezina Trophy as the NHL's best goaltender six times and the Hart Trophy as MVP twice, all with the Buffalo Sabres. He won the Stanley Cup twice with the Detroit Red Wings. THE CANADIAN PRESS

4 SPORTS

Leading scorer. Neymar turns Cameroon Lions into kitties with double

Neymar lived up to the expectations of the World Cup host nation Monday, scoring two goals as Brazil routed Cameroon 4-1 to reach the knockout stage as the top team in Group A.

Fred and Fernandinho added second-half goals for Brazil, which will face South American rival Chile in the second round.

Neymar netted twice in the first half, on either side of midfielder Joel Matip's goal for Cameroon in the 26th minute.

He opened the scoring off a low cross by midfielder Luiz Gustavo in the 17th, deftly side-footing the ball home from close range, then restored the lead with a low right-foot strike from the top of the penalty area in the

Satisfied

"If I'm not mistaken, this is our best game yet."

Brazilian superstar Neymar

35th after a pass by left back Marcelo.

"If I'm not mistaken this is our best game yet," Neymar said. "Everyone deserves congratulations for their efforts until the end."

Fred found the net in the 49th and the substitute Fernandinho struck in the 84th.

Brazil finished Group A with seven points after two wins and a draw. It ended with the same points as Mexico, but had a better goal difference. **THE ASSOCIATED PRESS**

Moving on. Mexico beats Croatia 3-1 to secure its second round spot

Mexico surged into the World Cup's knockout stage for a sixth-straight time Monday with a 3-1 win over Croatia.

Rafael Marquez, Andres Guardado and Javier "Chicharito" Hernandez scored in a 10-minute span in the second half, dooming a talented Croatia side to elimination.

The Croats had to win to advance and held the bulk of possession, but had trouble seriously threatening goalkeeper Guillermo Ochoa until an 87th-minute consolation goal from Ivan Perisic.

Mexico entered the game needing only a draw, and looked dangerous in attack, but



Mexico's Andres Guardado
GETTY IMAGES

was kept out until the three-goal burst. **THE ASSOCIATED PRESS**

Substitutes give Dutch group lead

Van Gaal's touch. Benchers Fer and Depay score in 2-0 win over Chile to put Holland atop Group B

Two substitutes, two goals.

Netherlands coach Louis van Gaal can, it seems, do no wrong at this World Cup.

He sent on replacements Leroy Fer and Memphis Depay in the second half of the match against Chile on Monday and they scored both goals in a 2-0 win that confirmed the Dutch as Group B winners with a maximum nine points.

"It is luck," Van Gaal himself said about his super substitutions. "Just luck."

But it was more than that. Fer, listed by FIFA as six feet two inches tall, scored with a header a minute after coming on as a substitute for the five-foot-six Wesley Sneijder.

"I know Leroy Fer is tall compared with our opponents. I know he can head the ball well," Van Gaal said.

Then there was Depay. "We analyzed that Chile in the last 15 minutes gives away more room," Van Gaal said. "If you have a creative player in at that moment, you have the chance to use that space."

Manchester United, which hired Van Gaal to restore its fortunes after a disastrous season by the club's lofty standards, must be delighted even if it has to wait a bit longer



Netherlands' Stefan de Vrij heads the ball past Chile's Francisco Silva, centre, during their group B World Cup soccer match at the Itaquero Stadium in Sao Paulo, Brazil, Monday. **FELIPE DANA/THE ASSOCIATED PRESS**

Group B

2

Netherlands

0

Chile

for him to join them after the World Cup.

Chile, one of the most attacking and attractive teams at the World Cup, had no

answer at the Itaquero Stadium, especially not without midfielder Arturo Vidal who watched from the bench.

"I played the best team I had," said Chile coach Jorge Sampaoli.

Juventus star Vidal had knee surgery before the tournament and had a sore Achilles tendon but said a day before the match he felt fit and ready to play.

Both teams had already advanced to the second round, but Chile's first loss of the

tournament consigned it to second place in Group B.

The Dutch now travel to Fortaleza to play Mexico, Group A's runners-up in the round of 16. Chile faces Group A winners, Brazil, in Belo Horizonte.

Dutch stand-in captain Robben said that after three wins out of three, the Dutch squad is hungry for more.

"We can enjoy this fantastic performance, but it must not stop here," he said.

THE ASSOCIATED PRESS

Spain bids farewell with pride

Defending champion Spain salvaged some World Cup pride on Monday with a convincing 3-0 victory over Australia in their last match at the tournament.

After losing their previous matches in Group B to the Netherlands and Chile, both teams took to Arena da Baixada in the southern Brazilian city of Curitiba knowing they could not advance to the second round.

David Villa, on his 97th and final appearance put Spain ahead in the 36th minute with his record 59th goal, guiding

Juanfran Torres' pass into the net with the inside of his right foot. Juanfran had been found by a typically incisive pass by Andres Iniesta.

"We stepped up against Australia and won this match, and I'm happy to have participated in the first goal," said the 32-year-old Villa, who has called time on his international career. "It's sad because we would have liked to have spent more time here, but that's how it is."

Iniesta was at the heart of the second goal, too, providing the pass for Fernando Torres to steer the ball past Australia

Heads held high

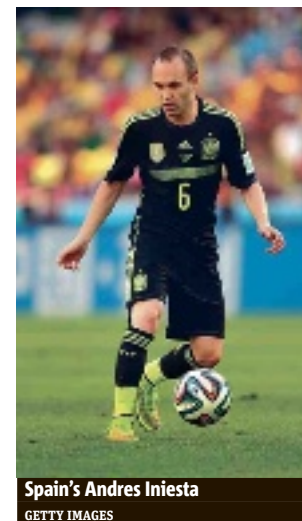
"We went out with dignity."

Spain's coach Vicente del Bosque

goalkeeper Mat Ryan in the 69th minute.

Juan Mata, who replaced an emotional Villa early in the second half, added the third in the 82nd from close range, stroking the ball under Ryan after he was found in space by fellow substitute Cesc Fabregas.

THE ASSOCIATED PRESS



Spain's Andres Iniesta
GETTY IMAGES

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ARCHANGEL, I want to thank you for getting rid of the bad luck that has followed me for so long. Now, I am so happy because I met a wonderful woman, have a great job and everything I never had before. Thank you so much.

- KIM

Horoscopes

Aries

March 21 - April 20

A relationship may have been under strain of late but don't despair. Before this week is over you will have patched up your differences and be the best of friends again.

Taurus

April 21 - May 21

If you are tired of playing second fiddle then now is the time to do something about it. Let important people know what you can do. Part of the problem is you rarely push yourself forward.

Gemini

May 22 - June 21

The next few days will be memorable — hopefully for the right reasons. You are more likely to enjoy yourself if you let go of hang-ups and allow yourself to enjoy what life has to offer.

Cancer

June 22 - July 23

Try to accept the ups and downs of daily life with serenity. It's not as difficult as it sounds — just don't take anything, including yourself, too seriously.

Leo

July 24 - Aug. 23

Don't worry too much about keeping things civil today. If you've got something to say then come right out with it and, if certain people don't like it, too bad!

Virgo

Aug. 24 - Sept. 23

You will get several interesting offers over the next few days. How will you know which of them are right for you? Just listen to your inner voice. You already know all the important answers.

Libra

Sept. 24 - Oct. 23

The planets will bring out the devil-may-care side of your nature over the next 24 hours. You will thoroughly enjoy shocking people.

Scorpio

Oct. 24 - Nov. 22

You may be in the mood to change things but the planets warn there are some things it might be wiser to leave as they are for the time being. Make changes for a reason, not just because you can.

Sagittarius

Nov. 23 - Dec. 21

You will get things done quicker today if you join forces with like-minded people. Also, tell that special person in your life how much you adore them. They may need some reassurance.

Capricorn

Dec. 22 - Jan. 20

Decide what it is you need to accomplish. No matter how many disappointments you have suffered in recent weeks the planets indicate that from here on it will be success all the way.

Aquarius

Jan. 21 - Feb. 19

You may be in the mood to settle an old score but is that really sensible? Focus only on positive objectives and pretend that negative and annoying people do not exist.

Pisces

Feb. 20 - March 20

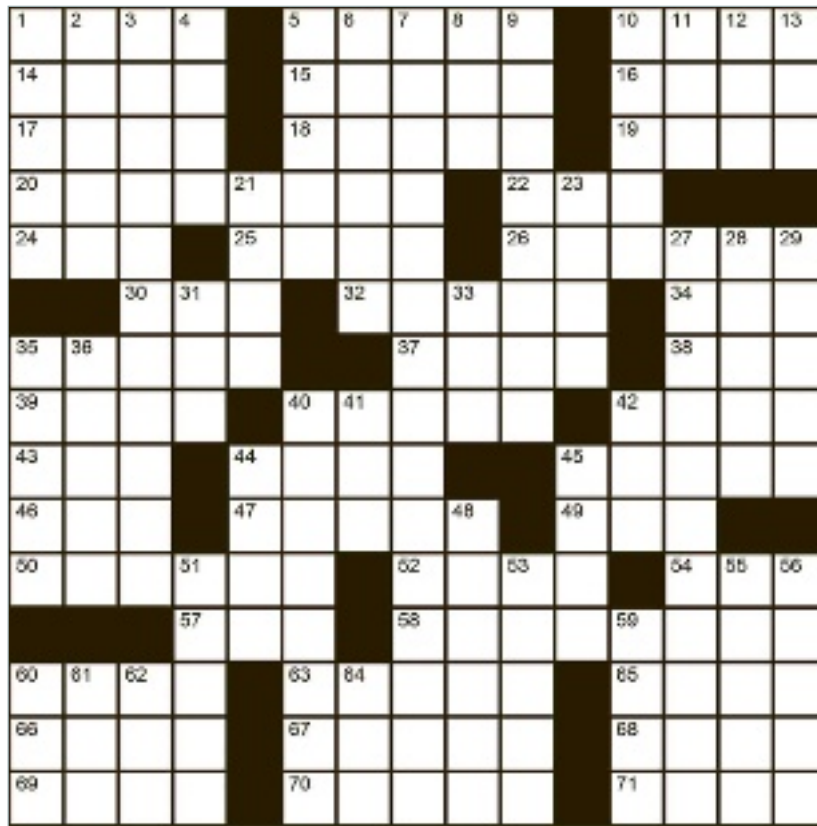
If you know what it is you want, act decisively. Someone in a position of authority thinks you are special and they will think you are even more special after today!

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Baseball glove
- Chef Ms. Lakshmi
- 1997 Great Big Sea album
- "It's ___-way street."
- Royal ___ Golf Club, in Scotland
- Upset
- Churn
- Blow
- Some slitherers
- Canadian provider of green energy
- ___ + Pill = Well
- NFLD's ocean
- American state
- Scottish band, ___ Minds
- Writer Mr. Fleming
- Cuts
- Bolt
- Army vehicles
- "Darn it!"
- Compass pt.
- Gymnastics great Ms. Korbut
- Symbolic pole
- Con
- Moviedom's Ms. Mendes
- Shoes: ___ support
- Book for Bridget Jones
- Drollness
- Decorator Mr. Berkus, and others
- Branch
- One of Doc and Grumpy's colleagues
- Chair
- "Adieu!"



- Word's li'l meaning
- Rapper Expert on ABC's "Rising Star"
- Music's Ms. Mitchell
- Role on "Star Trek"
- Geese: French

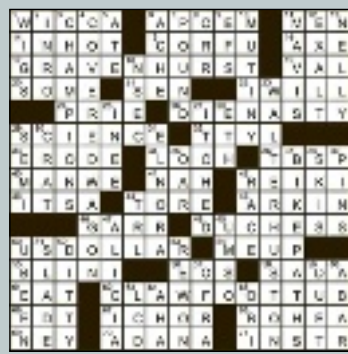
- Count ___ (Jim Carrey role in 2004)
- Mount in the Yukon, Canada's highest
- Sing-y syllables
- Uptight
- Sixth, in Italy
- Mr. Warhol

Down

- Venemous snake, Black ___
- "Cut ___!" (Stop already!)
- Newfoundland tourist destination, the 'Iceberg Capital of the World'
- Cost
- Prefix to 'dactyl' (Flying reptile)
- Old battleground artefacts
- "Making It Work" band from Vancouver: 4 wds.
- Broom alternative

- CASL = Canada's ___ Legislation (It comes into force July 1, 2014)
- Sacred song
- 'L' in L.A.
- Dadaist Jean
- Aye
- Fish parts
- Itemize
- Central Great Lakes-St. Lawrence ___ Region
- Of the moon
- The other side
- Jennifer Lopez's new album
- Wrath
- Miriam ___, Canadian novelist from Steinbach, MB
- Certain cartoon Chipmunk
- Piled-up-with-food carriers
- Libran's mo.
- Lady's love
- Hockey star Mr. Kopitar
- Info
- Georges ___ (French painter, b.1859 - d.1891)
- Enlighten
- A Bell for ___ (John Hersey novel)
- Move over
- Homework assignment
- Pepsi's partner
- Mr. Pesci
- Not new
- Henpeck
- Shed tool

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

23°/17°

Thunderstorms

90%

Wednesday

25°/15°

Thundershowers

40%

Know what the weather will be 14 days from now. Check the 14 day trend.

The Weather Network 2014



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SIGN
AND
GO!**
(OAC)

SUMMER BLOWOUT SALE!



**\$99
WEEKLY**

2012 Toyota Prius V HYBRID
\$23,860 • 47,759 km • Stk: # 35708



**\$73
WEEKLY**

2010 Mini Cooper CLUBMAN
\$14,970 • 87,050 km • Stk: # 35294



**\$44
WEEKLY**

2010 Hyundai Elantra
\$9,670 • 50,848 km • Stk: # 35051



**\$89
WEEKLY**

2009 Acura RDX TURBO SH
\$17,950 • 106,545 km • Stk: # 35986



**\$59
WEEKLY**

2013 Dodge Avenger SXT
\$15,870 • 33,574 km • Stk: # 35976



**\$79
WEEKLY**

2010 Honda CR-V LX
\$15,880 • 84,557 km • Stk: # 35781



**\$63
WEEKLY**

2011 Ford Escape XLT
\$12,640 • 127,796 km • Stk: # 35607



**\$136
WEEKLY**

2013 Toyota Tundra
\$31,950 • 26,202 km • Stk: # 35312 USA



**\$63
WEEKLY**

2012 Ford Fusion SEL
\$14,950 • 57,699 km • Stk: # 35728



**\$66
WEEKLY**

2010 Mitsubishi Outlander ES
\$13,320 • 92,058 km • Stk: # N14044-A



**\$39
WEEKLY**

2008 Honda Civic DX-G
\$7,960 • 110,756 km • Stk: # 35988



**\$78
WEEKLY**

2010 Dodge Journey R/T
\$15,660 • 81,256 km • Stk: # 14051-A



**\$100
WEEKLY**

2010 Infiniti EX35
\$19,980 • 99,257 km • Stk: # 35970



**\$127
WEEKLY**

2013 Ford Explorer XLT
\$29,850 • 40,434 km • Stk: # 35884



**\$54
WEEKLY**

2010 Chevrolet Colorado LT
\$10,980 • 96,317 km • Stk: # 35509



**\$114
WEEKLY**

2012 Ford F-150 XLT FLEX FUEL
\$26,850 • 13,717 km • Stk: # 35755-A



**\$43
WEEKLY**

2008 Jeep Compass Sport
\$8,750 • 108,611 km • Stk: # 35265-A



**\$164
WEEKLY**

2014 Nissan Murano CONVERT
\$43,850 • 13,478 km • Stk: # 35682 USA



**\$73
WEEKLY**

2010 Hyundai Genesis 2.0T
\$14,640 • 95,917 km • Stk: # 35549



**\$149
WEEKLY**

2014 GMC Yukon XL SLE
\$39,740 • 27,222 km • Stk: # 35808

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